

Syndrome X

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Synopsis

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What is syndrome X? It's a resistance to insulin - the hormone needed to burn food for energy - combined with high cholesterol or triglycerides, high blood pressure, or too much body fat. Syndrome X ages you prematurely and significantly increases your risk of heart disease, hypertension, obesity, eye disease, nervous system disorders, diabetes, Alzheimer's, cancer, and other age-related diseases.

Syndrome X is the first book to tell you how to fight the epidemic disorder that is derailing the health of nearly a third of North Americans. It outlines a complete three-step program - including easy-to-follow diets, light physical activity, and readily available vitamins and nutritional supplements - that will safeguard you against developing syndrome X or reverse it if you already have it.

PLEASE NOTE: When you purchase this title, the accompanying PDF will be available in your Audible Library along with the audio.

Reader's comments

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